

## **Claim Amendments**

Please amend the claims as follows:

1. (original) A device for exercising the plantar fascia of a foot comprising  
a first member positionable under the ball of said foot,  
a second member positionable under the toes of said foot,  
attachment means attachable around the ankle above said foot,  
a loop on said attachment means,  
a first line attached to said first member, and  
a second line extending through said loop to said second member  
wherein said first and said second lines are pulled to stretch said plantar  
fascia.
  
2. (original) The device of claim 1 and further comprising a first handle  
connected to said first line and a second handle connected to said second line.
  
3. (original) The device of claim 1 and further comprising  
a handle having a first end and a second end,  
said first line attached to said first end of said handle, and  
said second line attached to said second end of said handle.
  
4. (original) The device of claim 3 wherein the lengths of said first line  
and said second line are adjustable.

5. (original) The device of claim 1 and further comprising a spacer means for fixing the spacing of said second member from said attachment means.

6. (currently amended) A device for exercising the plantar fascia of a user's foot comprising

a first member positionable under the toes of said foot,  
a second member attachable to the ankle above said foot,  
a loop on said second member, and  
a line having a first end, a second end and a length extending from said first end to said second end,  
said second end suitable for grasping by said user's hand,  
said length of line extending through said loop and said second end  
connected to said first member wherein said user can pull said second end and  
pulling said line will pull the user's toes toward his ankle and will stretch said  
plantar fascia.

7. (currently amended) The device of claim 6 and further comprising a spacer having a first end attached to said first member and a second end attached to said second member means for fixing the spacing of said first member from said second member.

8. (new) The device of claim 6 wherein said first member includes a rigid plate for fitting under said user's toes.